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HERE'S A QUESTION FOR
"INFORMATION, PLEASE"

"Name a farm crop that supplies food, feed, and forage; protein, vitamins, minerals; green vegetables and dried; meal, flour, sauce, milk, curd, mash; and that has dozens of industrial uses."

The answer, of course, is the soybean.

(Name)

, of , says that many farm housewives have
(Title) (Institution)
found green soybeans popular on the table when properly prepared. For those who
would like to try a row of soys in the garden this year, ,
(Name)
suggests one of the following varieties: Agate, Hahto, Easycook, Rokusun, Funk
Delicious, Kura, Aoda, Bansei, Shiro, Hokkaido, Chusei, Higan, Kanro, Willomi,
Nanda, and Jogun.

As to food values: The fresh green soybeans are rich in vitamin A, especially the varieties that are deepest green in color. They are also a very good source of vitamin B and G. They have no vitamin C, but sprouts grown from dried soybeans are an excellent source of this vitamin.

Green soybeans are richer in efficient protein and fat than other green beans. They count as a 6 percent carbohydrate vegetable, comparing with kale and squash in this respect. They are good sources of calcium, phosphorus, and iron.

The green beans are picked when they have nearly reached full size but are still green and succulent. They are easier to shell if first boiled in the pod 3 to 5 minutes. Then the shelled beans may be steamed or boiled in lightly

salted water. The time of cooking depends on the variety. Some cook as quickly as green peas; others more like lima beans. The best varieties of soybeans are not mealy when done. They have a very pleasant firm texture and nutty flavor. Because they are so rich they need only simple seasoning with salt and pepper to taste, and a little melted butter or crisply fried bacon or salt pork.

The cooked green beans make a good scalloped dish when mixed with tomato or white sauce, covered with buttered bread crumbs, and baked in a moderate oven. Cold cooked green soybeans are excellent in vegetable salads.

The U. S. Department of Agriculture has a leaflet, No. 166-L, on Soybeans for the Table. Free copies may be obtained while the supply lasts, by writing to the Department at Washington, D. C.

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